

## General Covid Advice:

### No Loud singing indoors, or chanting:

- If allowed, sing or chant quietly.
- Sing or chant outdoors,
- Lip-synch or mime along with songs.
- Replace words or vocal sounds (eg Animal Noises) with **gestures**- eg agree and use a 'Woo' gesture.

### Social Distancing between children:

- If you have a large space and a smaller class, **sit in a large circle with everyone 2m apart**.
- **Or work seated at desks or tables.** Ask children to turn seats round to face the front.
- When '**Going round the Class**' eg Clap/Play in a circle, establish a sequence for each table, and a sequence of table, so everyone know the order in which they should play. This may take repeated practice.



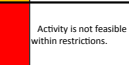
### No Movement:

- **Work seated at desks or tables.** Ask children to turn seats round to face the front.
- For movement activities, **perform sitting on chairs or standing next to the desk**.
- Perform **movements standing on the spot**- eg Walk on the spot.
- **Use finger, hand or arm dancing.**
- Instead of walking on icons, stick icons on the board and ask children to 'walk on' them with their fingers.

### No shared instruments:

- **Use body percussion instead-** agree a sound on the body for each percussion sound. Choose from Clap, Stomp, Head (Hit Head), Chest, Tummy, Legs, Knees, Brush (brush hands together)...
- **Use the Tin-Can Drum Kit-** go here for instructions.
- **Use virtual instruments for some or all of the class-** go here for more info.
- **Play on the table-top** with palms, fingers or knuckles...

## P4 COVID Advice By Activity

P4	Homework	Restriction- Traffic Lights				Recommended Adjustments	Additional Notes
		Suitable for Homework	No Loud Singing or Chanting Indoors	Social distancing	No moving around		
Journey 1 - Review Core Skills	<a href="#">Warm Up: Disco Tom</a>	Yes				Perform walking on the spot. Mime High 5s to neighbours but don't touch each other- or agree a replacement- eg mutual double-handed point.	<b>Key</b>   
	<a href="#">Warm Up: Count to Four (Upper Primary)</a>	Yes				Agree and Use a Gesture for 'Woo'. Sit in large circle if you have space, or take part from desks/tables if required.	
	<a href="#">The Animal Noise Song - In Groups</a>	Yes				Sing the song quietly if allowed, or lip synch/mime along with the recordings. Sit in large circle if you have space, or take part from desks/tables if required. When working in groups work as tables. Walk/move on the spot if required. Agree on and Use gestures instead of animal noises- so the activity becomes more like a choreography.	
	<a href="#">Intro to Chime Bars #2- Pick A Number 1-8</a>	Yes- with virtual Instrument App				Sit in large circle if you have space, or perform in seats if required. Explore use of virtual Chime Bars on virtual Instruments App, on PCs or on tablets if they are available, or on a mixture or virtual and real chime bars.	
	<a href="#">Pitchfinder - Steps by Ear</a>	Yes- with virtual Instrument App				Sit in large circle if you have space, or perform in seats if required. Explore use of virtual Chime Bars on virtual Instruments App, on PCs or on tablets if they are available, or on a mixture or virtual and real chime bars.	
	<a href="#">Do a Performance (P4J1)</a>					Make a video or audio recording if possible and post on social media.	
Journey 2 - What is Sound? How Do We Rehearse?	<a href="#">Listen To Sounds- P4</a>	Yes				Lie on floor 2m apart if required- or complete activity sitting at desk.	
	<a href="#">Warm Up: Monday Tuesday</a>	Yes				Sing the song quietly if allowed, or lip synch/mime along with the recordings. If you are not allowed to chant, agree and use gestures with the hands instead of vocal sounds. Sit in large circle if you have space, or take part from desks/tables if required. When working in groups work as tables. Walk/move on the spot if required.	
	<a href="#">What Is Sound? P4 Yr 3</a>	Yes					
	<a href="#">Explore Sounds #1- Hands and Voice</a>	Yes				Do not use vocal sounds if this is not allowed- just concentrate on sounds with the hands. You could explore gesture instead of vocal sounds.	
	<a href="#">What Is Rehearsing? P4 Yr3</a>	Yes				If required, Mouth and lip-synch the song and action names- don't say them out loud. Perform Biddley-Bop-Bee from your table/desks.	
	<a href="#">Biddley-Bop-Bee P4- Compose, Rehearse and Perform</a>	Yes- ideally with other family members joining in.				Mouth and lip-synch the song and action names- don't say them out loud. Choose each table as a group. Perform Biddley-Bop-Bee from your table/desks. Work out which order you will perform in.	
	<a href="#">Do a Performance (P4J2)</a>					Make a video or audio recording if possible and post on social media.	
Journey 3 - Explore Sounds & Sequences	<a href="#">Warm Up: Tick Tock</a>	Yes- use instrument app or tin- an drumkit for development with percussion				Sit in large circle if you have a large space, ask children to keep a distance while moving around. Or perform standing on spot next to tables/desks if required. You can walk on the spot, or explore in the class how you can create a 'walk with hands' gesture to complete this activity. Use Body Percussion, Tin-Can Drum Kit or Virtual Instrument App for the development idea with percussion.	
	<a href="#">When The Drum Plays</a>	Yes				Sing the song quietly if allowed, or lip synch/mime along with the recordings. Sit in large circle if you have space, or perform in seats if required. Walk on spot when required to move.	
	<a href="#">Introducing Concepts - Beats</a>	Yes				Sit in large circle if you have space, or perform in seats if required. Discuss an order you will move the clap round each table, and an order of tables this may require practice.	
	<a href="#">Explore Sounds - Materials</a>	Yes- with support from parents in finding materials to use, and videoing or recording sound sequences.				Sit in large circle if you have space, or perform in seats if required. Quarantine items made from different materials if brought in from home. Play sounds on objects made from different materials from desks/tables.	
	<a href="#">Explore Sounds -Sequences</a>						
	<a href="#">Do a Performance (P4J3)</a>					Make a video or audio recording if possible and post on social media.	

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Journey 4 - Intro to Shapes & Rhythm	<a href="#">Warm Up: Cross the Floor</a>	Yes- ideally with other family members joining in.	Green	Yellow	Red	Green	Sit in large circle if you have space, and keep a distance while crossing the room.
	<a href="#">Warm Up: Play After Me - Shapes</a>	Yes- with parents and virtual Instrument App or Body Percussion, Tin Can Drum Kit	Green	Yellow	Yellow	Yellow	Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App.
	<a href="#">Shapes and Percussion- Revision</a>	Yes- with parents and virtual Instrument App or Body Percussion, Tin Can Drum Kit	Yellow	Yellow	Yellow	Yellow	Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Body Percussion, Tin Can Drum Kit or Virtual Instrument App.
	<a href="#">Shapes in Groups 1 - Learn to Conduct</a>		Yellow	Yellow	Yellow	Yellow	Sing quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App.
	<a href="#">Creativity &amp; Performance Reflective Discussion &amp; Diary</a>	Yes	Green	Green	Green	Green	
	<a href="#">Shapes in Groups 2 - Compose &amp; Audition</a>	Yes- with parents and virtual Instrument App or Body Percussion, Tin Can Drum Kit	Yellow	Yellow	Yellow	Yellow	
	<a href="#">Shapes in Groups 3 - Do a Performance</a>	Yes- with parents and virtual Instrument App or Body Percussion, Tin Can Drum Kit	Yellow	Yellow	Yellow	Yellow	Say shape rhythms quietly if allowed- or lip-synch/mime along. Sit in large circle if you have space, or perform in seats if required. Use Body Percussion, Tin Can Drum Kit or Virtual Instrument App- choose quiet or loud instruments from App.
	<a href="#">Rhythm Taps 1</a>	Yes- with other family members, virtual Instrument App, Body Percussion, TinCanDrumKit	Yellow	Yellow	Yellow	Yellow	
<a href="#">Do a Performance (P4J4)</a>						Make a video or audio recording if possible and post on social media.	
Journey 5- Create With Pitch using Tuned percussion in the classroom	<a href="#">Warm Up: Tell the Difference - Shape Rhythms 2</a>	Yes	Green	Yellow	Yellow	Green	Download the Tell the Diff - Shapes.pdf and copy the shape rhythms on to the board. Give each child a piece of A4 paper, and ask them to cut it into 5 equal pieces. Write one rhythm on each of 4 piece, and 'Don't Know' on the fifth. Ask each child to hold up the correct piece of paper to indicate their answer. Ask children to finger or hand dance in their chairs while making up their minds.
	<a href="#">Awesome Rhythm Workout P4</a>	Yes	Yellow	Yellow	Yellow	Green	Say the shape rhythms under your breath or inside your head in the first time through. Sit in a large circle with 2m between each child if you have the space, or perform standing next to your desk/
	<a href="#">What Is Pitch? P4 Yr 3</a>	Yes	Green	Green	Green	Green	
	<a href="#">P4 CWP#1- Learn to Use The Pitch Composer</a>	Yes- with virtual Instrument App	Green	Yellow	Yellow	Yellow	
	<a href="#">P4 CWP: Teacher Preparation &amp; Instrument Audit</a>	Yes- with virtual Instrument App	Green	Green	Green	Green	If you do not have access to tuned percussion in the classroom- use the Create With Pitch program in the Home Learning or 'Create With Pitch course- search for Create With Pitch-Bronze. Then use an IT suite or set as Home Assignments- and children can play their compositions on the Virtual instrument App.
	<a href="#">P4 CWP #2: Compose In Groups</a>	Yes- with virtual Instrument App	Green	Yellow	Yellow	Yellow	If you have access to tuned percussion, compose in the IT suite, with bands made for the children who share tables. Then practice and perform from tables in the classroom.
	<a href="#">P4 CWP#3: Practice and Audition in Bands</a>	Yes- with virtual Instrument App	Green	Yellow	Yellow	Yellow	
<a href="#">Do a Performance (P4J5)</a>						Make a video or audio recording if possible and post on social media.	

### Key

Green	Activity can be attempted as it is.
Yellow	Activity can be attempted with some adjustments
Red	Activity is not feasible within restrictions.